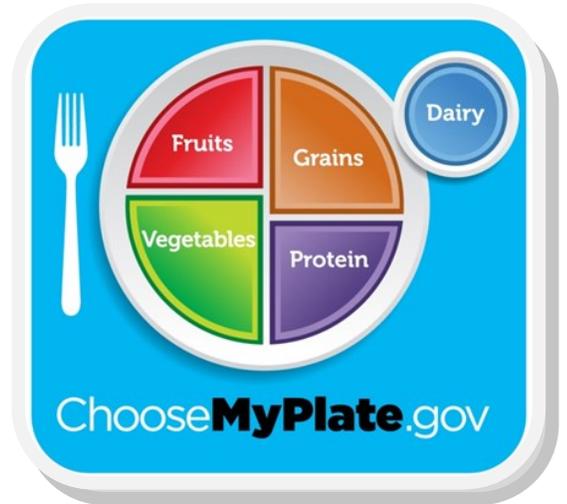


Where did the five components come from?

The five components combined provide all the necessary nutrients to build a strong body and mind! Here's why each component is critical to complete nutrition:



Fruits & Veggies

- * Provide essential vitamins and minerals for growth.
- * They are a great source of fiber, which support healthy digestion and may prevent colon cancer.
- * They are naturally low in fat and calories for weight management.
- * High fruit and veggie consumption has been shown to decrease risk of chronic diseases like heart disease, some cancers and type 2 diabetes.

Meat

- * Meat and eggs are the best sources of protein!
- * Protein is necessary to build and maintain muscle mass.
- * It also supports the immune system!
- * It provides essential vitamins and minerals like B vitamins, iron and zinc.
- * Try to choose lean meats like skinless chicken or low-fat beef.

Milk

- * Milk and dairy products are an excellent source of calcium, which we need to build strong bones and teeth.
- * Calcium is especially important because 90% of our lifelong bone mass is developed by age 17!
- * Switch to low-fat or fat free dairy products to decrease fat intake.

Whole Grains

- * Made up of carbohydrates, which are an excellent source of energy!
- * Making half of your grains whole reduces the risks of stroke, type 2 diabetes, heart disease and help with weight management.